





Summer Strength Training Schedule



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6-12 boys Off-Season 6:00 am	6-12 boys Off-Season 6:00 am (speed work to follow)	Middle School (7-8th) 6:15 am - 7:15 am (strength and speed)	6-12 boys Off-Season 6:00 am (speed work to follow)	Middle School (7-8th) 6:15 am - 7:15 am (strength and speed)
9th boys Off-Season 6:20 am	9th boys Off-Season 6:20 am		9th boys Off-Season 6:20 am	
Please note, the weight room will move in July due to construction beginning on a new Multi-purpose building. Tentative location is Alpha building.	9-12 girls Off-Season 8:30 am		9-12 girls Off-Season 8:30 am	
			Baseball/Softball 2 times a week scheduled by coaches	
<i>DRIVEN</i>			<p>*Email Coaches with any questions or concerns Derrick Elman delman@humboldt.k12.ia.us Trevor Dieleman - trevor.dieleman@zieglercat.com Twitter : @Widcat_strength</p>	

